

Fun with Foodella Workbooks Arrive!

The **Fun with Foodella** activity book on nutrition education for second grade students is ready for schools to order free of charge through Child & Adult Nutrition Services. Foodella is a healthy and fit elephant who coaches her young friend, Max, on how to eat healthfully and be physically active. The bound activity book has 64 big pages of age-appropriate reading, images to color, spaces to draw in, puppet shows to perform, and much more.

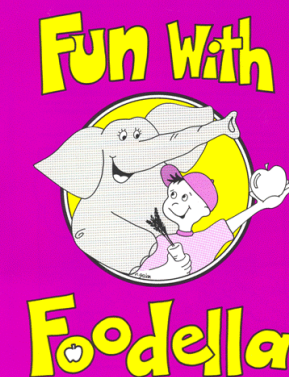
Schools and agencies can order the booklet, teacher's guide with background information and appropriate web sites, and a colorful poster in classroom quantities by completing the online order form on the Team Nutrition website at <http://www.doe.sd.gov/oess/cans/nutrition/curriculum.asp>.

Teachers can also access *Fun with Foodella* pages and the teacher's guide as a pdf file.

The booklet, updated with new MyPyramid lessons and graphics and current nutrition information, is the

third edition of *Fun with Foodella*.

Author, Diane Philen, of Chamberlain and artist, Nancy Gordon, of Pierre were among the original creators. Amy Richards served as lead reviewer.



Special points of interest:

- New activity books for second grade
- Mini-grant success story
- Food ideas for events
- Middle school/high school resources
- Walk to school for physical activity

Inside this issue:

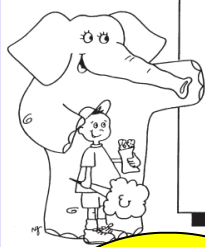
<i>SURF Day at Tiospaye Topa</i>	2
<i>Fruit and Veggie Healthy Challenge</i>	2
<i>Fresh Approaches: Food for Events</i>	3
<i>Nutrition Essentials—New Resource</i>	3
<i>Kids Walking Promotions</i>	4
<i>Join the Parade</i>	4

Unit 1:

Eating Right is Fun!

Not long ago, I ate everything in sight. I was a very grumpy, slow elephant.

Now I eat right. I feel better. I play harder. I think smarter.

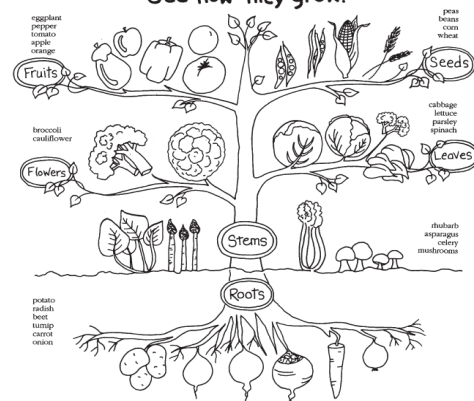


**SAMPLE
PAGES**

Unit 7:

Top Middle Bottom

See how they grow.



Foods come from different parts of plants. Name some of them.

Fruits/Seeds _____
Leaves/Flowers _____
Stems/Roots _____

S.U.R.F. Day at Tiospaye Topa (Students Undergoing Rigorous Fitness)

Threatening weather did not dampen the spirits of the children, staff and volunteer parents who participated in a field day that closed the 2007 school year at Tiospaye Topa, LaPlant, SD. Filled with fitness, fun, and goal setting, the event began on the school track and concluded with a picnic-style lunch. Children Kindergarten through 12th grade were involved in sports and fitness activities that were appropriate for their interests and physical competence.



According to Kim Peterson, school nurse, the Wellness Committee/Team Nutrition Staff began planning the event in January after receiving approval of their Team Nutrition mini-grant request. Staff met several times to plan activities and send flyers home with students informing parents of the event.

Students began the day hearing about fitness, doing stretching exercises, and receiving "Fueled with Fitness" neck tags. Activities were constructed to measure the fitness level of each "Society"—a mentorship unit composed of upper class and elementary age children. Winning societies received incentive items donated by the Cheyenne River Sioux Tribe Youth Diabetes Prevention Program.

When not in competition, students were invited to visit a Youth Diabetes Prevention Booth to learn about the dangers of high-risk behaviors and receive educational materials or advice. While there, students tasted fruit kabobs. Participants, both students and staff, had positive comments about the day.

A SD Team Nutrition mini-grant was used to fund activities at Tiospaye Topa.

Contratulations!

Fruit and Veggie Healthy Challenge

South Dakota's **Fruits & Veggies—More Matters Healthy Challenge** sponsored by HealthySD.gov will be held during the month of September, National Fruit and Vegetable Month. Diets high in fruits and vegetables can help reduce the risk of South

Dakota's three leading causes of death—heart disease, cancer, and stroke. This is a good time of year to increase your fruit and vegetable intake as so many items are locally produced this time of year. The Dietary Guidelines for Americans recommend most adults eat 2 – 2.5 cups of fruit and 2.5—4 cups of vegetables per day. Sign up as an individual or as a team of friends or co-workers. There is an easy online enrollment and log for daily online recording at <http://www.healthysd.gov/Competition/Index.asp>.



Fresh Approaches: Food for Events and Gatherings



School lunch managers are doing a good job of providing nutritious fare for children at breakfast and lunch; but in-school food experiences such as snacks at in-service days, committee or board meetings, and open houses or food at potluck suppers can create challenges for food planners. Issues include unpredictable likes, costs, and flexibility or lack thereof. The

publication, **Fresh Approaches**, from the University of Wyoming Cooperative Extension Service, gives ideas for enjoyable and healthy foods at social events and other gatherings.

The brochure, which can be downloaded at <http://ces.uwyo.edu/PUBS/MP112-3.pdf>, shares three quick keys to planning foods:

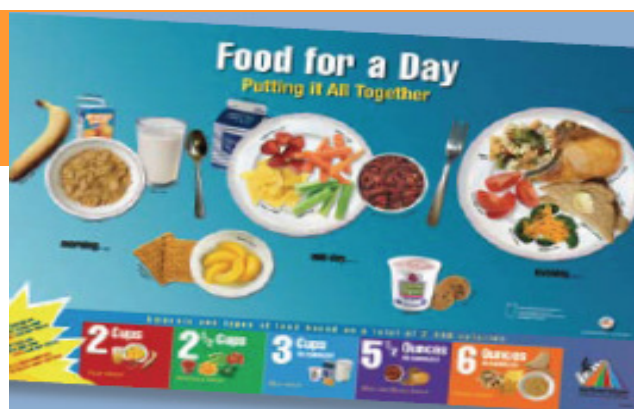
- 1) what—moderate/low in fat and sugar
- 2) how much—reasonable portion sizes
- 3) when—breaks which feature beverages or light snacks and physical activity

Another of the “fresh approaches” is avoiding portion distortion by serving whole grain bagel bites or mini-muffins, sandwich halves, thinly sliced lowfat cheese, and using smaller plates. Better yet, provide cold bottled water and lead a stretch break to refresh people at the mid-morning or mid-afternoon break.

Advice for dealing with food caterers includes asking them to try a healthier alternative while appreciating the constraints that they have. Try to select options that are easy to make and serve or that are similar to something they already offer. Cost cut by providing fruit and bottled water that you purchase at the grocery store.

Nutrition Essentials--New Resource

Updated posters, lesson plans, and an interactive CD are engaging pieces of USDA's new “Nutrition Essentials”. The kit, which can be ordered from Team Nutrition, <http://www.ntis.gov/tN/Index.aspx>, is designed to help individuals make healthful eating and physical activity choices. Download or preview the kit at <http://teamnutrition.usda.gov/Resources/nutritionessentials.html>. Posters include *Food for a Day* (new), *How Much Do You Eat* (new), *Move It*, *MyPyramid*, and *Read It*. The Nutrition



Decisions CD educates middle and high schoolers on nutrition in a game format.

Reproducibles:

- Get What YOU Need
- Food Group Choices
- Nutrition Facts cards
- Personal Power Tips for Adults
- MyPyramid Amounts of Foods – FOR YOU
- Vocabulary and Definitions
- Sources of Nutrition Information
- Homework, Test Questions and Answers
- Spotlight on What Teens Eat, What They Need
- MyPyramid Amounts of Foods and Calories for a Day – adult charts

Now, click on the items to repeat the sequence.

100

score:

Nutrition Facts	
Serving Size 1/4 cup Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories From Fat 80
% Daily Value*	
Total Fat 9g	14 %
Saturated Fat 6g	30 %
Cholesterol 30mg	10 %
Sodium 170mg	7 %
Total Carbohydrate 0g	0 %
Dietary Fiber 0	0 %
Sugars 1g	
Protein 7g	
Vitamin A 6 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower.

Inter--active Label Able Game, one of many on the Nutrition Decision CD

Kids Walking Promotions



United States
Department of
Agriculture



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Child & Adult Nutrition
Services



South Dakota State
University
Cooperative
Extension Service

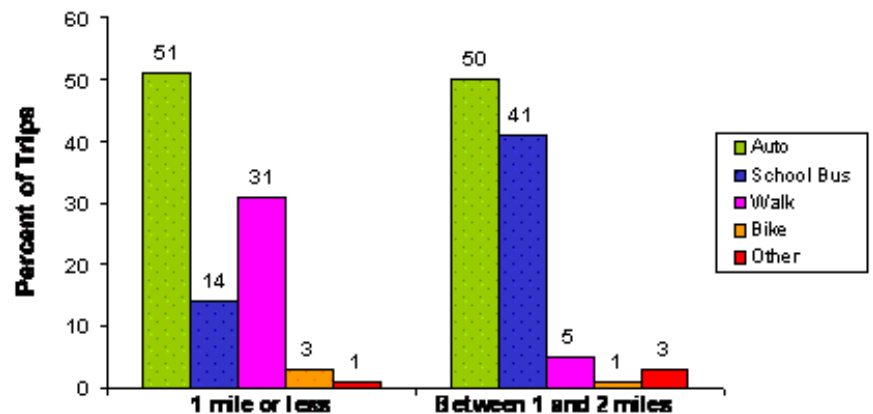
Karlys Wells, Editor
Extension Assistant NN/TN
Cooperative Extension Service
South Dakota State University
605-688-4039
karlys.wells@ces.sdstate.edu

Amy Richards, MS, RD, LN
Child & Adult Nutrition Services
SD Department of Education
605-773-4718
amy.richards@state.sd.us

The South Dakota Department of Education and South Dakota State University are Affirmative Action/Equal Opportunity Employers and offer all benefits, services, education and employment opportunities without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era Veteran status.

To support the national goal of better health through physical activity, children are being encouraged to walk. Programs may be school-based such as the SD Schools Walk incentives program for K-6, <http://www.healthysd.gov/Schools.html>, or the CDC's Nutrition and Physical Activity Program KidsWalk-to-School, <http://www.cdc.gov/nccdphp/dnpa/kidswalk/>.

Trips to School by Distance and Mode Youth Ages 5-15 (1995)



The goals of KidsWalk-to-School are to

- Encourage children to walk and bicycle to school.
- Increase awareness of the importance of regular physical activity for children, improved pedestrian safety, and healthy and walkable community environments.
- Mobilize communities to work together to create safe routes to school.

Anticipated benefits of the KidsWalk-to-School program include

- Increased levels of daily physical activity for children.
- Increased likelihood that children and adults will choose to walk and bike for other short distance trips.
- Fewer cars congesting the drop-off points at the school.

Join the Parade!



Let the community know that Team Nutrition is active in your school by being part of the local **Homecoming parade**. A simple walking float with food service staff and teachers carrying helium balloons in fruit and vegetable shapes and giving out Power Panther stickers or activity sheets can let people know who you are. Materials are available to download and print at http://www.fns.usda.gov/eatsmartplayhard/collection/collect_kids_3.html